

# YouthWell

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Established 2016

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100% of your  
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supports families in  
Santa Barbara County.

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December 2023

Dear Community Members,

This has been a year of change and expansion for YouthWell. After eight years of working remotely, we now have offices and a growing staff - all dedicated to collaborative problem-solving and advocating for better youth mental health supports, crisis prevention, and early intervention in Santa Barbara County.

We know mental illness does not discriminate and the need for services is only increasing. The generosity of our donors and funders has provided an opportunity for YouthWell to expand our programs, which we have shared on the back of this letter.

Join us so that youth do not have to wait until they are in crisis to get help. Our youth and their families need our community working together, listening to their needs, and making informed referrals that link them to services through a warm handoff in a timely manner. Addressing a mental health challenge requires education, assessment, treatment, and aftercare. No single agency or school can do this alone - it relies on partnership from our providers, schools, funders, and families to collaborate and move away from working in silos.

**We hope you will consider YouthWell in your year-end giving. Your contribution, big or small, will impact and support youth throughout Santa Barbara County in 2024.**

We can all make a difference by educating ourselves about mental health, treating mental illness with the same respect we show someone with a physical illness, and supporting others by checking-in, listening, and showing compassion. We can prioritize our own self care and model this to the youth in our lives. View our newly published **52 week Wellness Journal** on YouthWell.org - a great stocking stuffer for youth and adults!

Sincerely,



**Rachael Ross Steidl**  
Executive Director, YouthWell

# YouthWell programs serving Santa Barbara County • YouthWell.org

## EDUCATION & SUPPORT

1. [NEW] Host in-person and virtual free **Support Groups** for parents, youth, and teachers with our partners (SBCC Extended Learning, Inclusive Arts Clubhouse, and Rose Wellness). Participants learn coping strategies, how to set boundaries, manage challenges, and strengthen relationships.
2. [NEW] YouthWell recently launched a **Coordination Center** providing **Family Care Coordinators** as part of a pilot program with Cottage Population Health helping families navigate the mental health system and ensure they receive services in a timely manner creating a continuity of care.
3. YouthWell hosts an online **Youth Mental Health & Wellness Resource Directory** and **Community Calendar** for Santa Barbara County that serves youth through age 25 and families and can be viewed in English and Spanish. There are 200+ organizations, therapists and programs listed and more than 4,500 people access it monthly. Provide a list of **Volunteer Opportunities** so students can find meaningful ways to volunteer in the community which in turn benefits their mental health.
4. Provide free **Youth Mental Health First Aid & QPR** training to parents, schools, and those working with youth in partnership with Family Service Agency.
5. Host educational **Wellness Workshops** for youth and parents with Spanish interpretation in order to provide tools for managing mental health.



## COLLABORATION

6. [NEW] Facilitate a **Youth Advisory Board (YAB)** with students from all of our high schools (public & private) in partnership with Behavioral Wellness. Students gain leadership skills while learning about mental health issues and how to advocate on their campuses and in their communities.
7. YouthWell champions change through the **Community Collaborative** which includes 60 engaged partners working together (mental health providers, school districts, law enforcement, probation, and those representing our marginalized communities).
8. YouthWell hosts the **Youth Linkages Team** monthly meeting in partnership with the SB County Education Office and SB County BWell to educate 45+ resource navigators, school counselors, and probation officers so they are equipped to connect youth to services.

## AWARENESS & OUTREACH

9. [NEW] Staff and interns created and published a **52 Week Wellness Journal** for youth and adults.
10. YouthWell works with high school and college interns to increase mental health awareness through **social media, newsletters, and community presentations.**
11. YouthWell developed 9 different **Resource Rack Cards** in English and Spanish and recently created **Resource Posters** for all of our schools since they're now required by the state to post information on how to recognize the signs of someone struggling with a mental health challenge, how to access resources, and self-care tips.

